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# PLUGGED IN

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A Newsletter for the Suncoast Area of Narcotics Anonymous

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## Welcome!

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Welcome to this new edition of Plugged In! We are your new editorial team. We are following a theme for the next twelve months — the 12 steps. We invite you to consider the coming month's theme when you make your submissions. Our new "Ask a Sponsor" column fits this step-work theme particularly well — ask away!

Grab us at meetings or email us and tell us what you think, what ideas you may have, and if something we published was meaningful and useful to you. We want to tell stories, hear poetry, encourage one another in our recovery, and give each other insight into how to work a more meaningful program.

Talk to us!

-Ethan C. and Cole Y.

## Our Members Share

You see heroin, I see low self-esteem.

You see cocaine, I see fear.

You see alcohol, I see social anxiety.

You see track marks, I see depression.

You see a junkie, I see someone's son.

You see a prostitute, I see someone's daughter caught in addiction.

You see self-centeredness, I see the disease.

You see a pill head, I see over prescribing of opiates.

You see someone unwilling to change, I see someone hasn't connected with them yet.

You see denial, I see someone hurting.

You see someone nodding out, I see God showing us they need help.

You see the end, I see the beginning.

You see a dope fiend, I see a future success story.

You see them, I see me.

- (This poem submitted with credit to Brian L, but the newsletter could not independently confirm this)

## If I Don't Make My Bed

At just over 22 months cleans, I have learned one very important trick to recovering from my addiction; as long as I make my bed, I will stay clean that day. The simplest everyday ritual, making my bed, was an absolute foreign concept to me for twenty plus years. Why would I need to make my bed when I'm just going to come home and jump right back into it? What's the point? Who's even going to notice?

I'll notice; that's who. I will literally spend the rest of my day full of anxiety and a lack of caring towards the simplest of tasks. If I don't make my bed, I will not bother to wash my face or put make up on before work. If I don't make my bed, I won't tie my shoes before heading to work. If I don't make my bed, I won't worry about throwing away the wrapper I drop at work. It's much easier to just kick it under the counter.

That's where my recovery starts or ends; the very simple concept of taking care of my personal belongings, showing pride in how I present myself, and doing things that normal people do, every single day, week after week, year after year. I was the type of addict who couldn't fathom the idea of having to get out of my bed to walk to the door that lead out of my room. I brought whatever I needed to remain high into my room, shut the door, and used the floor, bed, dresser as a garbage...

## Ask A Sponsor

*Tired of your sponsor always being right? Want a second opinion? Each month we will be interviewing an area sponsor. This month's subject is **Josh W.***

**Getting clean before legal age, do you now, after years in recovery, every wonder or feel like you are mature enough to handle socially accepted drugs, like alcohol or pot? If so, how do you deal with those feelings?**

**-Dave F**

Yes, I think of this almost on a daily basis, I deal with these thoughts by remembering the answers and experience from my first step. I also remember a question I was asked when I first got clean: if drinking or smoking weed is not a problem, then why is not doing it a problem?

**How do you separate family and recovery?**

**-Steve L**

I only separate family and recovery when it comes to my recovery. I've had to keep distance from certain family members due to their drug and alcohol use. I had to have that distance because my recovery was being threatened. To this day I still am not close to some of my immediate family because I can't be around those who use.

**How do you stay clean?****-Nick M.**

I stay clean by doing what the program says: I go to meetings, I have a home group, I do service, I have a sponsor, I sponsor, I work steps, and I pray.

**What do you get most from working with sponsees?****-Christian**

I get gratitude and reflection from my sponsees.

**How do you keep a positive attitude?****-Jimmy the Nurse**

I believe keeping a positive attitude has a lot to do with having gratitude and also with understanding that not all problems or irritations are a personal attack on me. Most of the stress in my life or things that cause me to have a negative attitude can be overcome by taking a breath and seeing where I can better understand the situation to gain a new perspective.

*Ask a Sponsor is a recurring feature. Next month's guest is **Danielle H.** Please submit your questions to [newsletter@suncoastna.org](mailto:newsletter@suncoastna.org).*

**Get involved! Hospitals and Institutions**

*Each month we will feature a different subcommittee. This month's is Hospitals and Institutions, brought to you by Jessica A.*

Hospitals and Institutions, which is commonly referred to as H & I, is the subcommittee that brings meetings into correctional, treatment and psychiatric facilities. These facilities have little or no access to outside meetings. We offer them hope and information on how to find NA meetings upon release. Meeting formats vary and can include panel presentations, speakers, or group participation (longer term facilities).

Here in the Suncoast Area, we bring 26 meetings a week into 14 different facilities. We go into facilities with two or more addicts at a time so that a minimum of 52 addicts are volunteering an hour of their time every week. As an H & I member, you will have the unique opportunity to help carry the message of hope and recovery directly to the still sick and suffering addict.

We need your help! We have many opportunities available for service in Sarasota and Bradenton. Requirements vary by facility, but we can absolutely find a place for you! Please come to the subcommittee meeting at 1:30 pm the 2nd Sunday of each month at Our Lady Queen of Martyrs Church, 833 Magellan Drive. Questions? Contact us directly at [hospitalsinstitutions@suncoastna.org](mailto:hospitalsinstitutions@suncoastna.org).

## Announcements:

The World Convention of Narcotics Anonymous, WCNA 37, will be held from 8/30/2018 - 9/2/2018 at the Orange County Convention Center - West Concourse 9800 International Drive, Orlando, FL 32819. More information can be found at <https://www.na.org/?ID=wcna-index>.

## Celebrate!

**John S. 7/4/06 12 years**

**Rachel B. 7/9/11 7 years**

**Ricky J. 4 years**

**Gary C. 5 years**

**Chris C. 7/6/16 2 years**

**Joe H. 7/6/17**

## Submissions:

Submissions are welcomed. Please share your recovery in the form of essays, poetry, or artwork by emailing [newletter@suncoastna.org](mailto:newletter@suncoastna.org).

Next month's theme will be the Second Step. So while all submissions are welcome, submissions focusing on Faith and personal experience with the Second Step will be particularly helpful.

[newletter@suncoastna.org](mailto:newletter@suncoastna.org).

...can for weeks on end. My living space stunk, was full of moldy cups and other various dishes, and had a garbage can that hadn't been changed since the day it found its way into my room.

When I started my recovery, I was forced to make my bed and keep my living space clean. I was unable to leave my jail cell until it was approved by a guard. Eight months of continuous inspection of flawless bunks and toilets seemed quite excessive and even pointless at times. I'm in jail; who cares what my "room" looks like! But, you see, what that did for me, was show me just how much easier my day could be if I started it out by fixing what I messed up.

I have continued to make my bed daily ever since it was a requirement by Sarasota County Jail. I made my bed every single morning by 7:45 am for 13 months when I was a resident at First Step Residential. I've been out of jails and institutions for just over a month now and I truly do believe that if I don't make my bed in the morning, I am setting myself up for a progression of carelessness and temptation to take the easier route and not worry about doing the next right thing. If I don't make my bed, I will make one bad choice after another which will ultimately lead me to a relapse that will definitely guarantee a mess that I may never be able to fix again.

- **Emily A**